

25 Healthy Eating and Drinking Choices

Here are 25 tips that will keep you on track this winter season.

1. **Eat early.** Don't skip breakfast. Don't let last night's big meal keep you from having a healthy breakfast today, and every day. If you don't commit to breakfast, you may spend the rest of the day overeating.
2. **Graze.** Eat small meals throughout the day. It helps you keep your blood sugar and energy levels steady. You'll be less likely to feel moody or stressed, and you'll be less likely to overeat.
3. **Work out.** Exercise keeps your metabolism going, helps you digest and burn off calories, and can stabilize your mood.
4. **Do a trade-off.** For every alcoholic drink you have, tell yourself you need to be physically active for 30 minutes to burn it off.
5. **Stay hydrated.** Choose water or low-calorie drinks. A handy tip: Twenty ounces of water 20 minutes before each meal keeps you hydrated while reducing cravings and calories when you eat.
6. **Pack snacks.** Heading to the airport? Make sure to bring some healthy snacks, like trail mix, whole-grain crackers, or a peanut butter and jelly sandwich.
7. **Map it out.** Road tripping? Plan ahead, so you can stop where healthy food is available.
8. **Ditch the comfy pants.** Loose-fitting clothes make it easier to overeat. Wear form-fitting garments that will let you know you're overdoing it.
9. **Lighten your drink.** A wine spritzer is a way to keep calories and alcohol content low. Or consider light beer or a mixed drink with half a shot in it -- make sure the mixer is low or no-cal.
10. **Simply sip.** Make that drink last all night by taking tiny sips. You'll cut down on calories, and also keep a clear head all night.
11. **Window shop.** Buffet time? Cruise the food before digging in. Think through what's offered, and pick only the things you really, truly want.
12. **Veg out.** Hit the crunchy vegetables. They'll fill you up, making you less likely to overeat.
13. **Go lean.** Choose lean proteins: turkey (without the skin), fish (skip the fatty sauce), and pork. They can fill you up and give you lots of energy.
14. **Embrace the season.** Enjoy this season's comfort foods in small amounts.
15. **Give in.** If a tiny portion of pie won't cut it, then eat a full slice, just this once. But consider leaving the crust, which is filled with saturated fat and calories.
16. **Think small.** Always use a small plate if there's a choice. That helps you keep portions modest.
17. **Don't crowd your plate.** Play that game you used to play as a kid -- don't let your foods touch.
18. **Do it yourself.** Bring your own amazing, low-cal dish to that potluck dinner. Make your contribution something super-healthy and extremely tasty that you love. If all the other offerings are too rich or fatty, you can rely on your own cooking.
19. **Step aside.** When you've had your fill at the buffet table, move away. The farther you are from the food, the less you'll try to get back to it. If you have to stand in the same room with the food, keep your back to it.
20. **Have one bite.** Eat all the desserts you want -- but just a bite of each.
21. **Choose fruit.** Contribute to a potluck by bringing a big fruit salad. The sugars in fruit can squelch your desire for other sweets.
22. **Get chatty.** Look for chances to catch up with friends and family you haven't seen in a while. Focus on conversation, and you'll eat less.
23. **Savor your food.** Taking time to appreciate each bite can help you eat less.
24. **Take stock.** When comfort food cravings hit, stop and ask yourself, "Am I really hungry?" Just a few seconds might reveal that you're really just tired or sad, or feeling something else that's not hunger. A little talk with yourself can spare you some unwanted calories.
25. **Breathe and have fun.** Take a deep breath, smile, and connect with friends and relatives!

General Healthful Nutrition Therapy

The general, a healthful diet is based on the 2010 Dietary Guidelines for Americans and is intended as a guide for adults and older children who want to follow a healthful eating pattern.

- The general, healthful diet may be lower in sodium and fat than many diets.
- It is high in fiber because of the focus on whole grains, fruits, and vegetables.
- The protein sources include limited amounts of lean meat, with more protein coming from fish, poultry, and vegetable sources, including beans and peas as well as low-fat or fat-free dairy products.
- Saturated fats, *trans* fats, sugary drinks and desserts are minimized as much as possible.

Foods Recommended

Grains	Whole grains such as whole wheat, quinoa, millet, and bulgur; bread, rolls, and pasta made from whole grains; brown or wild rice; hot or cold cereals made from whole grains and without added sugar
Vegetables	All fresh vegetables, especially fresh dark-green, red, or orange vegetables; peas and beans; low-sodium frozen or canned vegetables prepared without added salt; low-sodium vegetable juices
Fruits	All fresh, frozen, and dried fruits; canned fruit packed in water or fruit juice without added sugar; fruit juices without added sugar
Milk and Milk Products	Low-fat or fat-free milk, yogurt, and cheeses; frozen desserts made from low-fat milk
Meat, Poultry, Fish, and Other Proteins	Boiled, baked, or grilled lean meat trimmed of fat; skinless poultry; fresh seafood and shellfish; canned seafood packed in water; unsalted nuts and unsalted nut butters; tofu; dried beans and peas; eggs
Fats and Oils	Olive, peanut, and canola oils and margarine; salad dressing and mayonnaise made from these oils
Other	Soups and casseroles made from allowed ingredients and without added fat or salt

Foods Not Recommended

Grains	Sweetened, low-fiber cereals; packaged baked goods; snack crackers and chips, cheese crackers, butter crackers, and biscuits; frozen waffles, sweet breads, doughnuts, pastries, packaged baking mixes, pancakes, cakes, and cookies
Vegetables	Regular canned or frozen vegetables or vegetables prepared with salt; canned tomatoes; canned tomato sauce; fried vegetables; vegetables in cream sauce or cheese sauce
Fruits	Fruits packed in syrup or made with added sugar
Milk and Milk Products	Whole milk, cream, cheeses made from whole milk, sour cream; yogurt or ice cream made from whole milk or with added sugar
Meat, Poultry, Fish, and Other Proteins	Marbled or fatty meats such as ribs; poultry with skin; fried meats, poultry, or fish; sausages, hot dogs, and deli meats such as pastrami, bologna, or salami; fried eggs
Fats and Oils	Solid shortening or partially hydrogenated oils; solid margarine; margarine that contains trans fats; butter
Alcohol (for adults 21 and older)	More than one drink per day
Other	Regular soft drinks or other sugary beverages; juice drinks; sugary and/or fatty desserts, candy, and other sweets; salt and seasonings that contain salt

General, Healthful Diet Sample 1-Day Menu

Breakfast	1/2 cup orange juice 1/2 cup oatmeal (or 1 cup bran flakes) 1 slice whole wheat toast 1 tsp margarine 1 cup low-fat or fat-free milk
Lunch	3 oz turkey slices 2 slices whole wheat bread 1/4 cup lettuce for sandwich 2 slices tomato for sandwich 1/2 cup fresh carrot sticks 1 piece fresh fruit 1 cup low-fat or fat-free milk
Evening Meal	3 oz baked fish with fresh herbs 1/2 cup brown rice 1 cup green beans 1 cup mixed greens salad 1 tablespoon low-fat salad dressing 1 whole wheat dinner roll 1 teaspoon margarine (for roll)
Evening Snack	1 cup low-fat yogurt 1/2 cup strawberries or blueberries

Making Healthier Carbohydrate Choices

- When baking, choose recipes that use whole grains and flours made from whole grains. Reduce the amount of sugar in recipes. It can often be cut in half.
- Instead of sugar, use non-caloric sweeteners in drinks and sucralose (Splenda) when baking. When stir-frying, include fiber-rich vegetables, such as peppers, cabbage, broccoli, and carrots. When making soups, add dried beans or lentils.

Cutting Back on Fat

- Select lean cuts of beef and pork, such as those labeled “loin” or “round.” Take the skin

off poultry (such as chicken or turkey) before serving it. Bake, broil, roast, stew, or stir-fry lean meats, fish, or poultry.

- Cook ground meat and then drain off the fat.
- When making stews or soups, refrigerate the broth and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly.
 - Try different ways to cook it so that you'll enjoy it more:
 - Grill salmon on skewers with eggplant, okra, and onions.
 - Dip tilapia in milk and egg white. Next dip it in bread crumbs, and sauté for a short time (about 5 minutes) in a pan sprayed with oil.
 - Bake white fish and vegetables in foil.
 - Poach white fish in milk, tomato juice, or water with lemon juice added. Broil tuna and then squeeze lemon juice on it.
 - Marinate orange roughly for 15 minutes in Italian salad dressing, then bake. Make a tuna salad with red and green peppers.
- When cooking foods on a griddle or in a frying pan, brush the pan with cooking oil just to coat it. Or, use a nonstick spray of vegetable oil or a nonstick pan that requires no greasing.
- To limit saturated fat from milk products:
 - Thicken sauces with evaporated nonfat (skim) milk instead of whole milk.
 - Use a low-fat cheese or feta cheese in pasta dishes, such as lasagna.
- Get protein from plant foods (such as soy or dried beans and legumes) or egg whites instead of meat: Add soy protein crumbles to chili and spaghetti sauce.
 - Use tofu or tempeh in a stir-fry with lots of vegetables.
 - Make soups with edamame (fresh or frozen soybeans), lentils, split peas, or dried beans. Make an egg white omelet with green peppers, tomatoes, and onions.
- When you do cook with fat, choose healthy, unsaturated fats:
 - Use healthier oils, such as canola, olive, or soybean oil, in recipes and for sautéing. Make salad dressings with olive, walnut, or pecan oil.
 - Cook with lemon juice or herbs. These add flavor to foods, like vegetables, without adding fat or salt.

Cutting Back on Sodium

- Prepare foods at home so you can control the amount of salt and the sodium content.
- Use as little salt in cooking as possible. You can cut at least half of the salt from most recipes. Do not salt food at the table.
- Cook without mixes and "instant" products that already contain salt or additives with sodium. Select no-sodium or low-sodium canned foods, such as vegetables or tuna.

- Season foods with herbs, spices, garlic, onions, peppers, and lemon or lime juice to add flavor.

Heart-Healthy Eating: Shopping Tips

Shop for foods that do not have a lot of added ingredients, such as salt, fats, or sugar.

Learn your goals for fat, calories, and sodium. Then use food labels to help you make choices that keep you on target. For example:

- If you are on an eating plan that limits sodium, choose foods with less than 300 milligrams of sodium per serving.
- Choose foods with very little or no saturated fat or trans fat.

Remember: Not everything that is advertised or labeled as healthy is really good for you!

Fruits and Vegetables

Start with fresh fruits and vegetables. These do not have added fats, sugar, or sodium. When you buy frozen or canned produce, read labels:

- Look for types that do not have anything added to the fruits or vegetables, such as sauces, gravies, or seasonings.
- Canned vegetables may be high in sodium. However, you can enjoy many lower-sodium or salt-free varieties.

Breads, Cereals, and Grains

Choose breads and cereals that are made from whole grains and are high in fiber:

- Look for products with whole grains (such as whole wheat, rye, or oats) as the first ingredient. Breads with at least 2 grams (g) fiber per serving are good choices.
- Select cereals that contain at least 5 g fiber per serving. Limit cereals that list added sugars on the label.
- Check the label for the amount of sodium if you are on a reduced-sodium plan.

Milk and Dairy

When choosing milk or dairy products, pick nonfat or low-fat types:

- Choose nonfat (skim), ½% fat, or 1% fat milk.
- Look for tasty cheeses that are low in saturated fat and sodium. Choose them more often than regular cheese.

Meats and Other Protein Foods

You can get protein from poultry, fish, beef, pork, dried beans, soy products, and other vegetable proteins.

- When choosing chicken or other poultry, look for breast or white meat without the skin
- When choosing beef and veal, pick cuts without much marbling (fat). Healthy types include round steak, tenderloin, and sirloin tips.

- Lean center cuts are the best cuts of pork and lamb.
- You can buy any type of fresh fish that you enjoy. Do not always choose the same kind because some types may contain mercury or other contaminants that you don't want to eat in large amounts.
- Canned fish (such as tuna) can be high in sodium. Choose low-sodium brands.
- Add vegetarian entrees and vegetable protein foods, like beans, veggie burgers, or tofu. Look for products that are low in saturated fat and sodium and high in fiber.

Other Foods

- Convenience foods, such as canned soups, pasta sauces, and prepackaged or frozen dinner entrees and side dishes, can be high in sodium and/or fat. Read labels and choose carefully.
- There are many snack foods that you can enjoy:
 - Nuts, seeds, and pretzels make good snacks. Avoid those with added salt. Keep your sodium and saturated fat limits in mind while you shop.
 - Look for snacks that are free of trans fat. If the ingredients include hydrogenated oil, then the food has trans fat
 - It's okay to have desserts once in a while if you choose wisely: Fresh fruit and nonfat or low-fat frozen yogurt are good choices.
- There are many kinds of reduced-fat and fat-free candies, cakes, cookies, pastries, and frozen desserts. They may fit within your limits for fat and sodium. However, many fat-free or low-fat desserts are high in calories and low in healthy nutrients. Have them only occasionally.